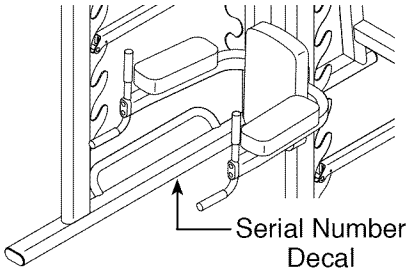
WEIDER PRO 500 L

Model No. 831.15500.0
Serial No. _____

Write the serial number in the space above for reference.



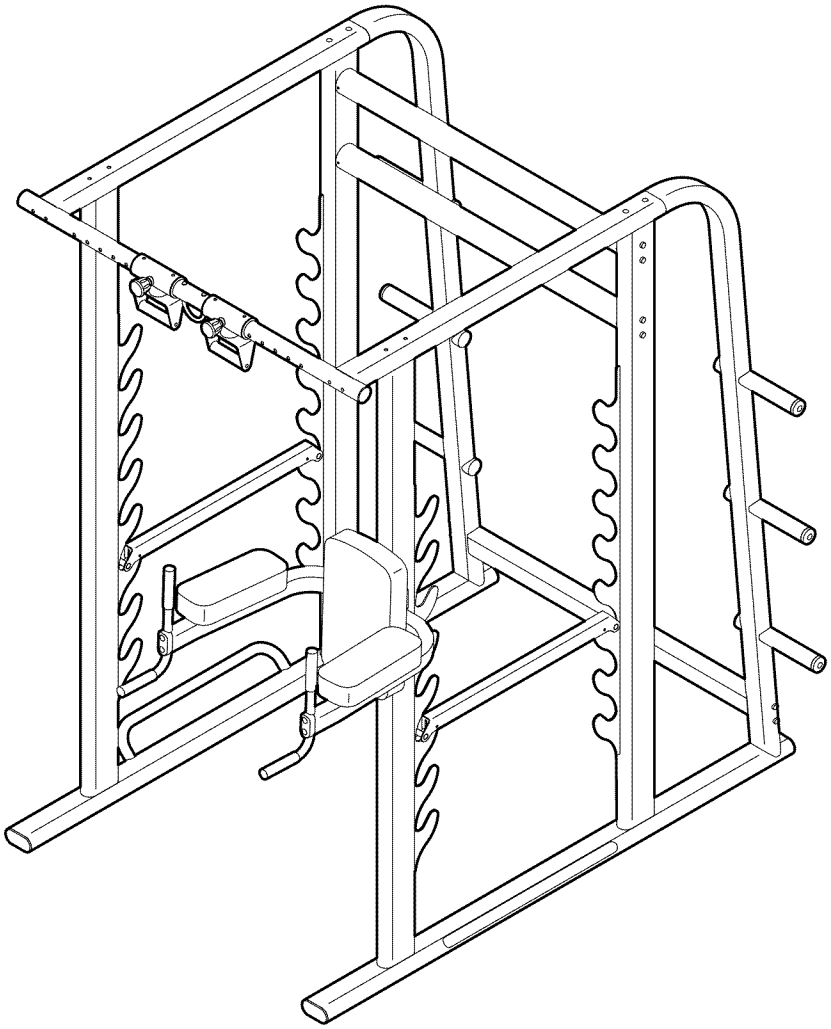
- **Assembly**
- **Operation**
- **Maintenance**
- **Part List and Drawing**

Sears, Roebuck and Co.
Hoffman Estates, IL 60179

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

WEIGHT RACK
User's Manual



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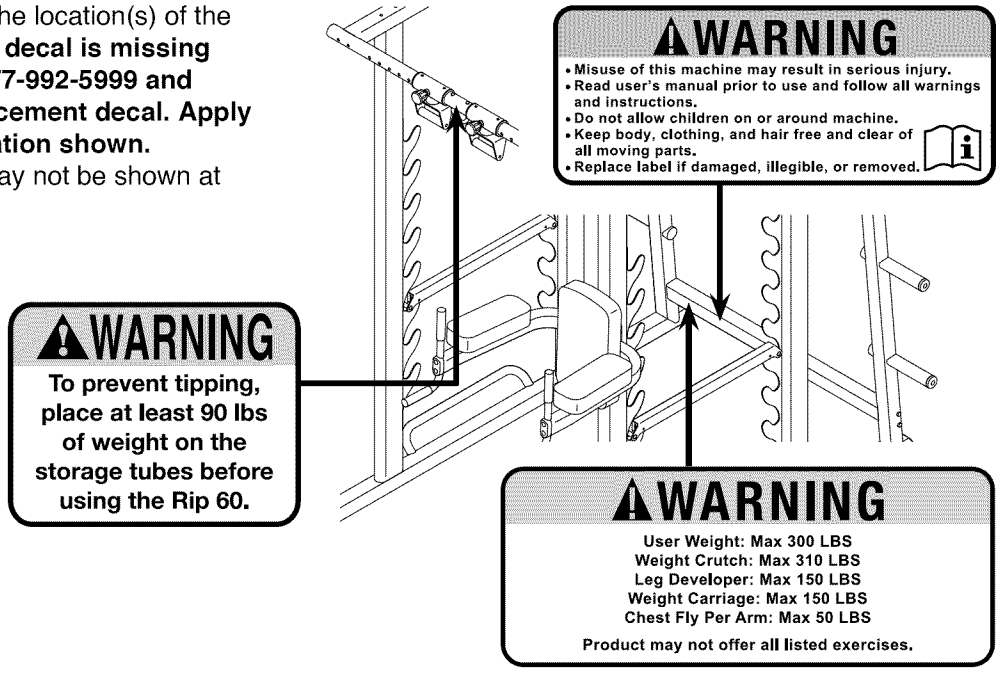
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, call 1-877-992-5999 and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Keep body, clothing, and hair free and clear of all moving parts.
• Replace label if damaged, illegible, or removed.
WARNING
To prevent tipping, place at least 90 lbs of weight on the storage tubes before using the Rip 60.
WARNING
User Weight: Max 300 LBS
Weight Crutch: Max 310 LBS
Leg Developer: Max 150 LBS
Weight Carriage: Max 150 LBS
Chest Fly Per Arm: Max 50 LBS
Product may not offer all listed exercises.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your weight rack before using your weight rack. Sears assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the weight rack are adequately informed of all precautions.

2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

3. Use the weight rack only as described in this manual.

4. The weight rack is intended for home use only. Do not use the weight rack in a commercial, rental, or institutional setting.

5. Keep the weight rack indoors, away from moisture and dust. Do not put the weight rack in a garage or covered patio, or near water.

6. Place the weight rack on a level surface, with enough clearance around the weight rack to mount, dismount, and use the weight rack.

7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.

8. Keep children under age 12 and pets away from the weight rack at all times.

9. Always wear athletic shoes for foot protection while using the weight rack.

10. The weight rack is designed to support a maximum user weight of 300 lbs. (136 kg), and a maximum total weight of 610 lbs. (277 kg). Do not place more than 310 lbs. (141 kg), including a barbell and weights, on the weight rests or on the spotters. Note: No barbell or weight plates are included.

11. Use only an Olympic-length barbell with the weight rack.

12. When using a barbell with the weight rack, always set the spotters on the weight rack at the lowest height to which you want the barbell to go.

13. When using the rip:60™ Suspended Body Weight Trainer on the weight rack, place a total of at least 90 lbs. (41 kg) of weight plates on the two lowest storage posts on the weight rack. In addition, make sure that there is not a barbell on the weight rack.

14. Remove the dip frame and the rip:60 Suspended Body Weight Trainer before you use the pull-up handles.

15. Always place the same amount of weight on both ends of a barbell. While adding or removing weight plates, always keep some weight on both ends of the barbell to prevent the barbell from tipping.

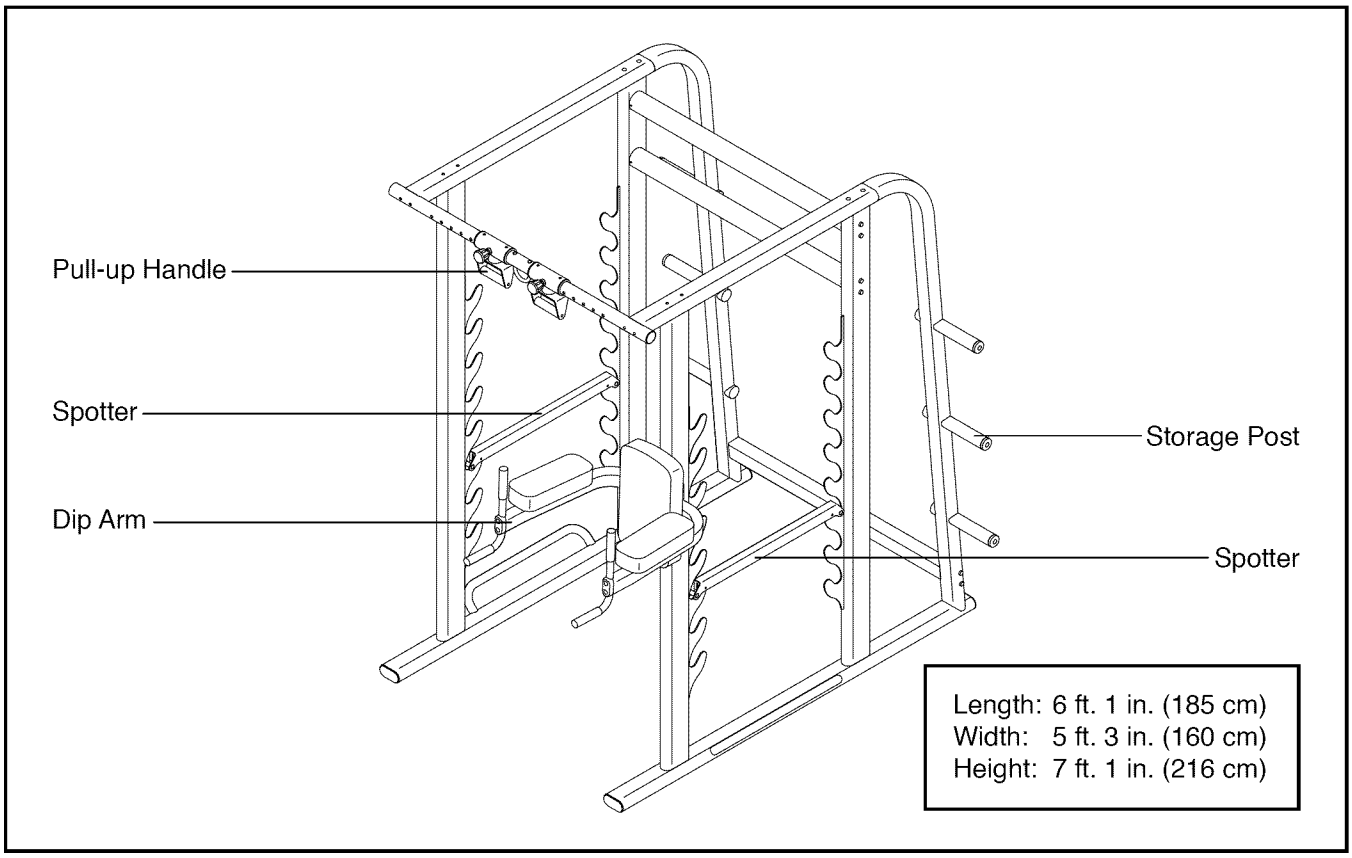
16. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

BEFORE YOU BEGIN

Thank you for selecting the WEIDER PRO™ 500 L rack. The versatile 500 L weight rack is designed to develop every major muscle group of the upper body. Whether your goal is to develop a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the 500 L weight rack will help you to achieve the specific results you want.

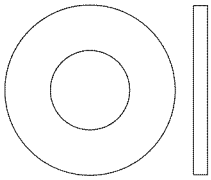
For your benefit, read this manual carefully before using the weight rack. If you have questions after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

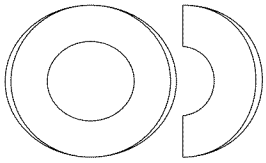


PART IDENTIFICATION CHART

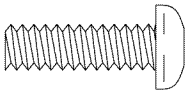
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included. If a part is missing, please call 1-877-992-5999.**



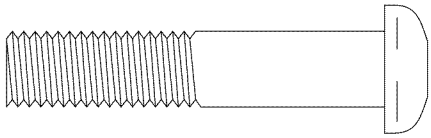
M10 Washer (37)–20



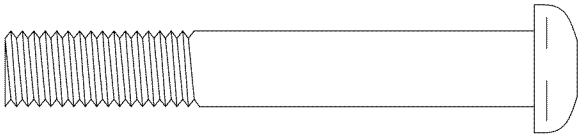
M10 Curved Washer (46)–4



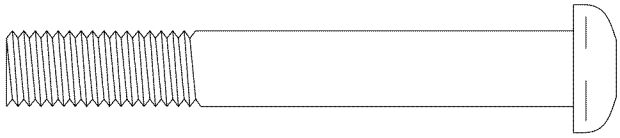
M6 x 20mm Screw (41)–12



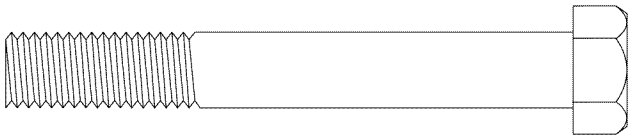
M10 x 50mm Screw (45)–10



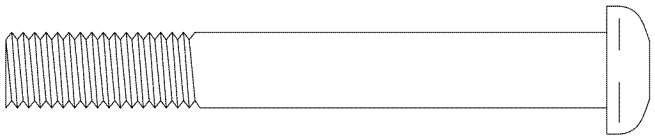
M10 x 70mm Screw (47)–4



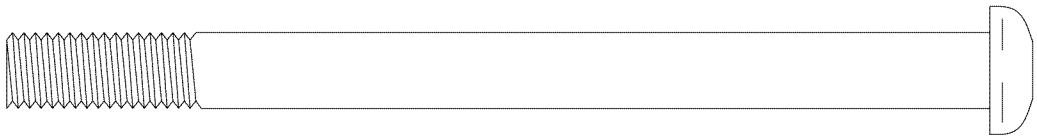
M10 x 75mm Screw (43)–8



M10 x 75mm Hex Screw (39)–12



M10 x 80mm Screw (42)–8

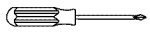


M10 x 130mm Screw (40)–4

ASSEMBLY

- To watch an assembly video, go to http://productvideo.co/assembly/sears/weider or use your mobile phone or your smartphone to read the QR code at the right.
- Assembly requires three persons.
- Due to its weight and size, the weight rack should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight rack as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked "L" or "Left" and right parts are marked "R" or "Right."
- To identify small parts, see page 5.
- In addition to the included tool(s), assembly requires the following tool(s):

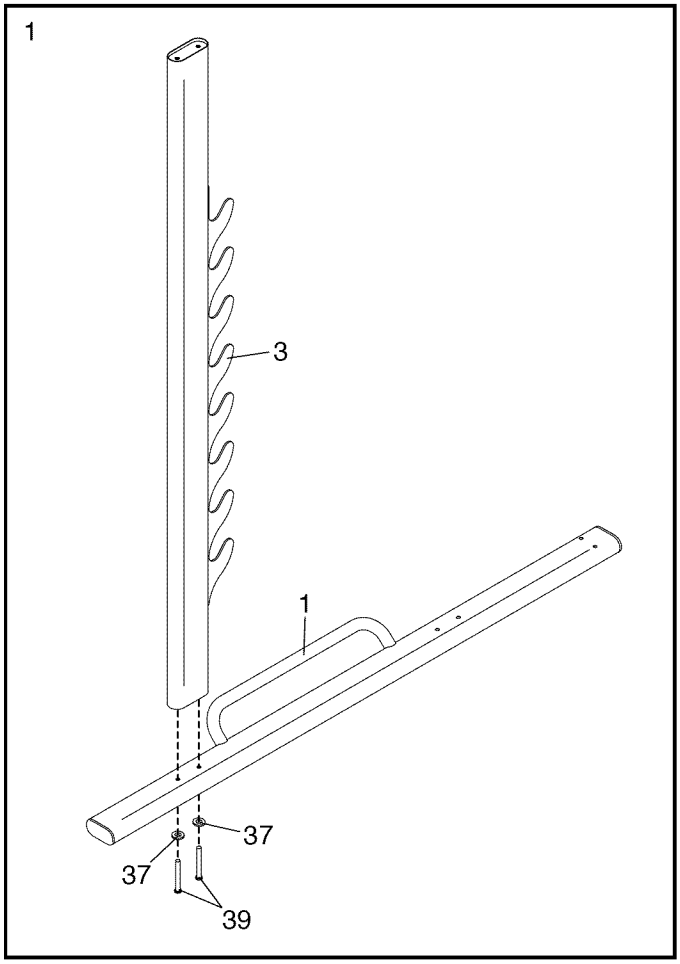
  one adjustable wrench

  one Phillips screwdriver 

  Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

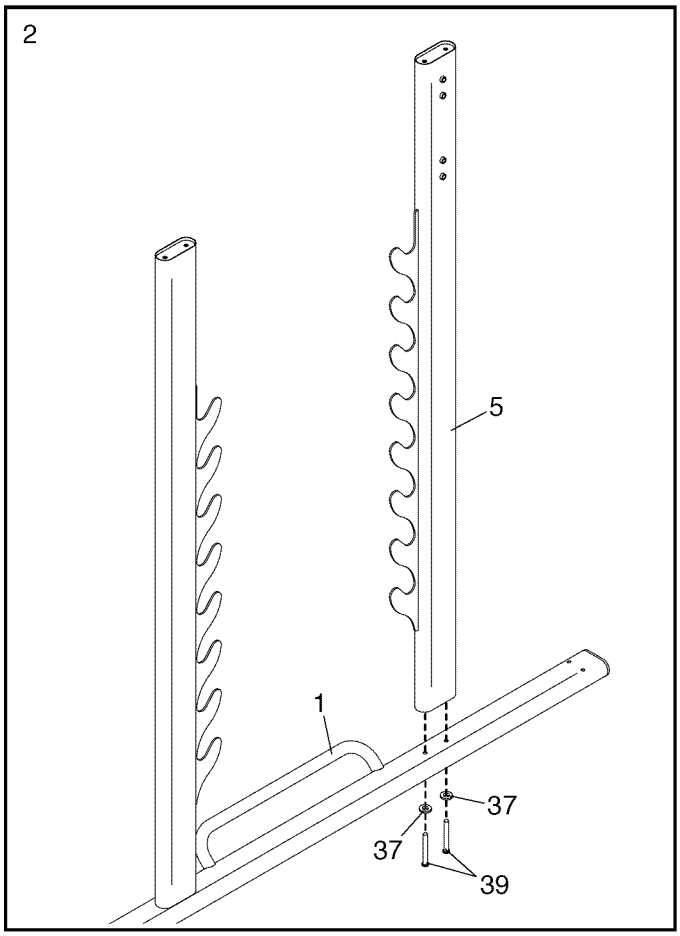
1. Identify the Right Base (1) and the Right Front Upright (3). Orient the parts as shown.

   Attach the Right Front Upright (3) to the Right Base (1) with two M10 x 75mm Hex Screws (39) and two M10 Washers (37); **do not tighten the Screws yet.**



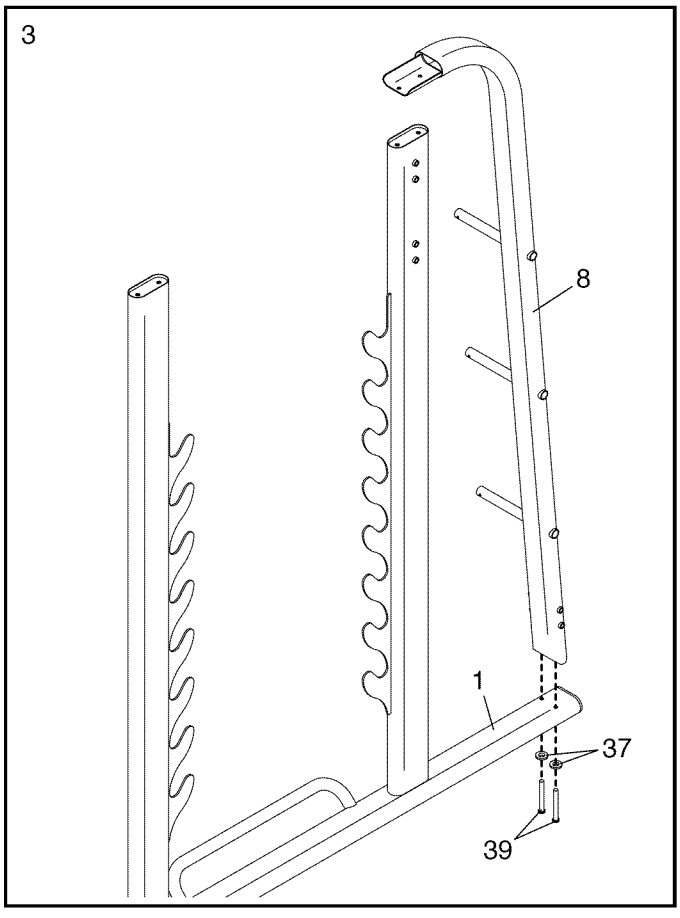
2. Identify the Right Center Upright (5), and orient it as shown.

   Attach the Right Center Upright (5) to the Right Base (1) with two M10 x 75mm Hex Screws (39) and two M10 Washers (37); **do not tighten the Screws yet.**



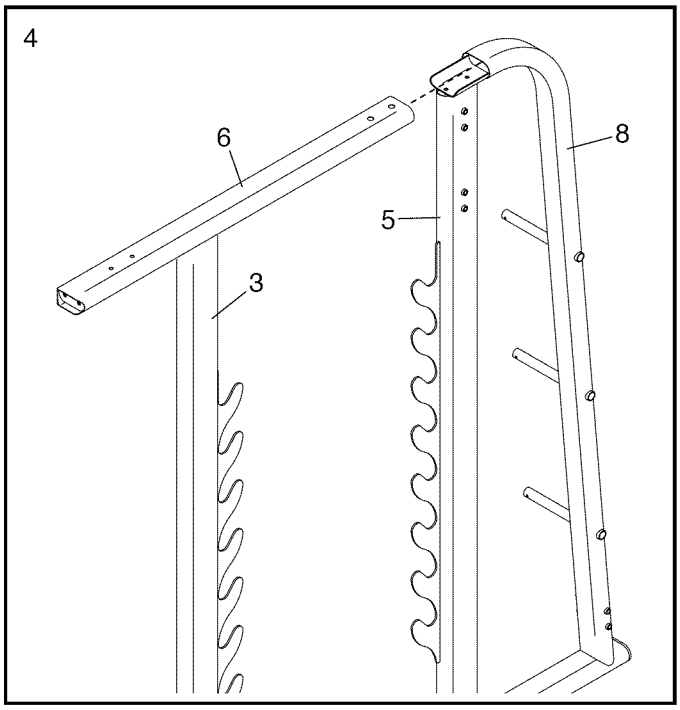
3. Identify the Right Rear Frame (8), and orient it as shown.

   Attach the Right Rear Frame (8) to the Right Base (1) with two M10 x 75mm Hex Screws (39) and two M10 Washers (37); **do not tighten the Screws yet.**



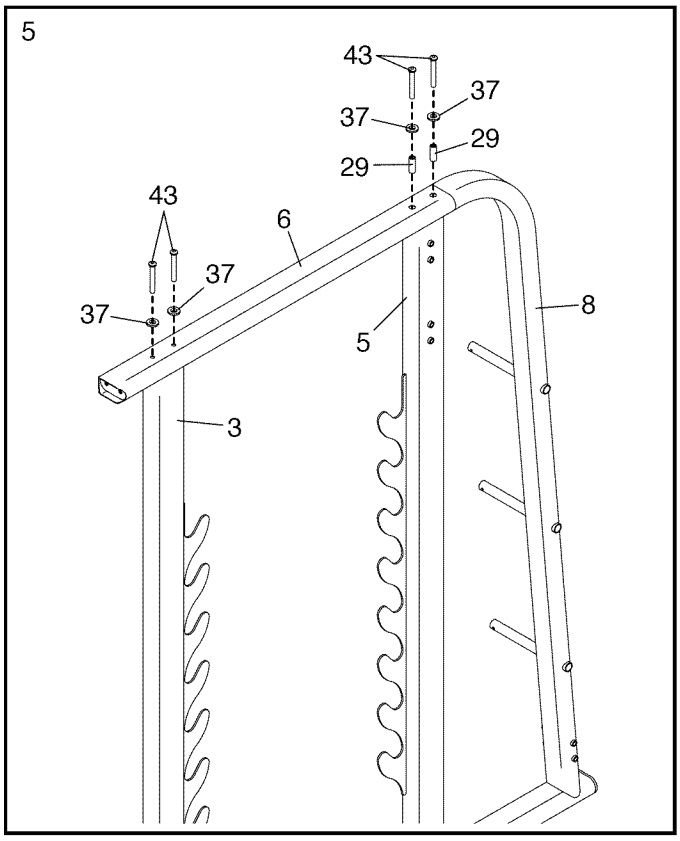
4. Identify one of the two Top Frames (6), and orient it as shown.

   Slide the Top Frame (6) onto the upper end of the Right Rear Frame (8). The Top Frame (6) should rest on the Right Front Upright (3) and the Right Center Upright (5).

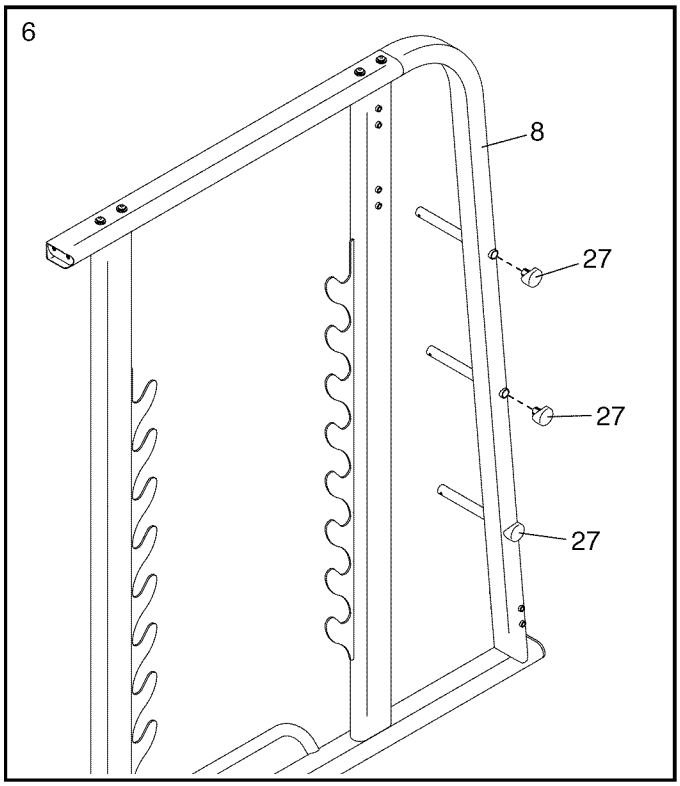


5. Attach the Top Frame (6) to the Right Rear Frame (8) and to the Right Center Upright (5) with two M10 x 75mm Screws (43), two M10 Washers (37), and two Frame Spacers (29); **do not tighten the Screws yet.**

   Next, attach the Top Frame (6) to the Right Front Upright (3) with two M10 x 75mm Screws (43) and two M10 Washers (37); **do not tighten the Screws yet.**



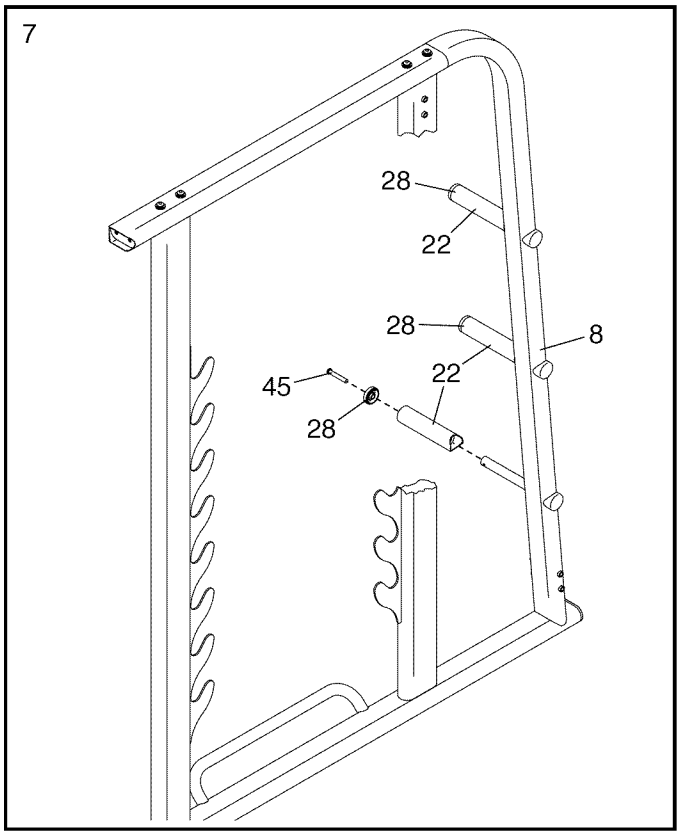
6. Press three Rear Frame Caps (27) onto the Right Rear Frame (8).



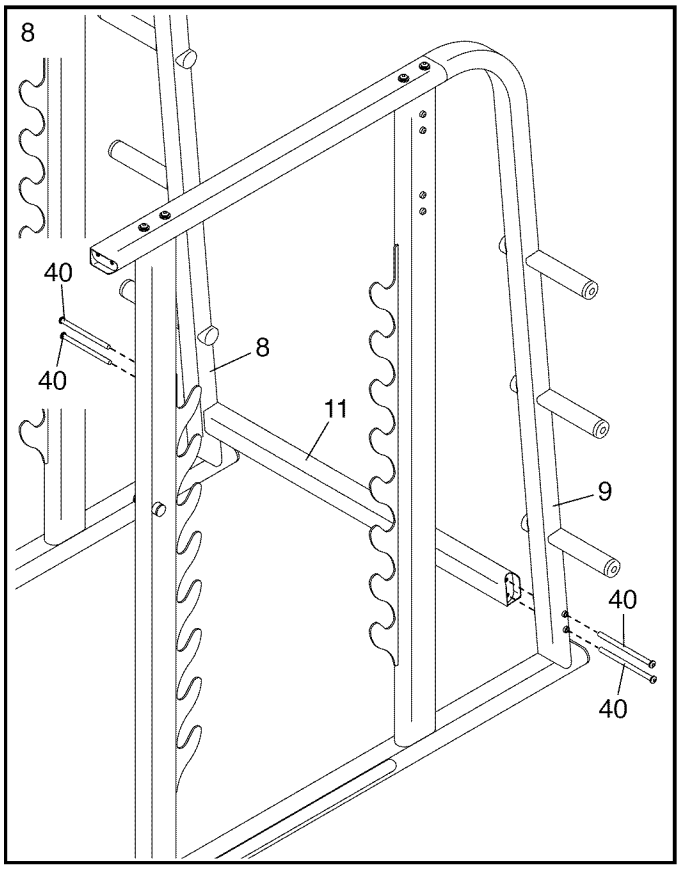
7. If you plan to use Olympic weight plates (not included) with the weight rack, slide an Olympic Adapter (22) onto one of the storage posts on the Right Rear Frame (8). Attach the Olympic Adapter with an M10 x 50mm Screw (45) and an Adapter Cap (28).

   Attach two more Olympic Adapters (22) to the Right Rear Frame (8) in the same way.

   See the EXPLODED DRAWING on page 19. Repeat steps 1–7 and assemble the Left Base (2), the Left Front Upright (4), the Left Center Upright (49), the Left Rear Frame (9), and the other Top Frame (6) in the same way.

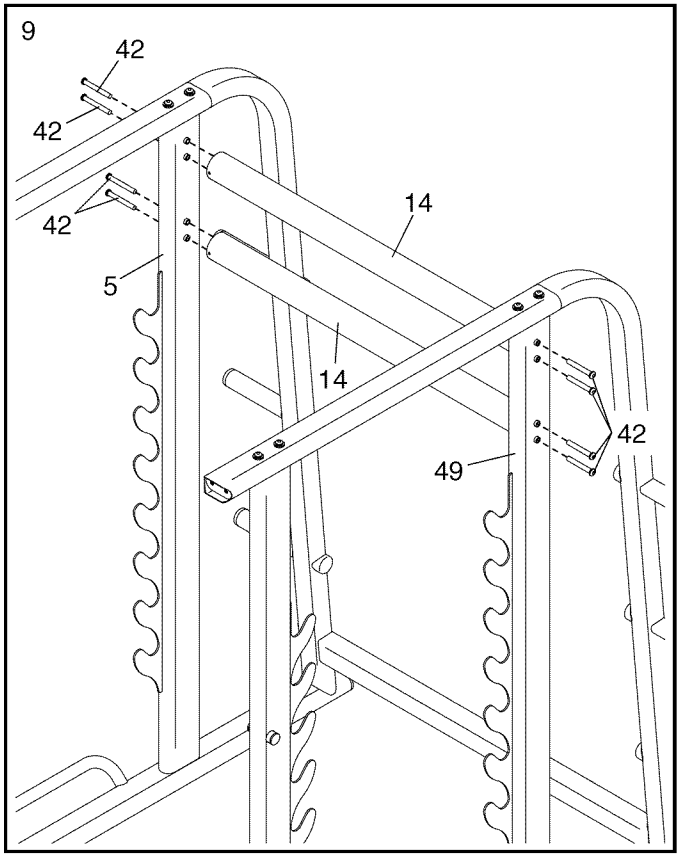


8. Attach the Lower Crossbar (11) between the Right Rear Frame (8) and the Left Rear Frame (9) with four M10 x 130mm Screws (40); **do not tighten the Screws yet.**



9. Attach one of the two Upper Crossbars (14) between the two Center Uprights (5, 49) with four M10 x 80mm Screws (42); **do not tighten the Screws yet.**

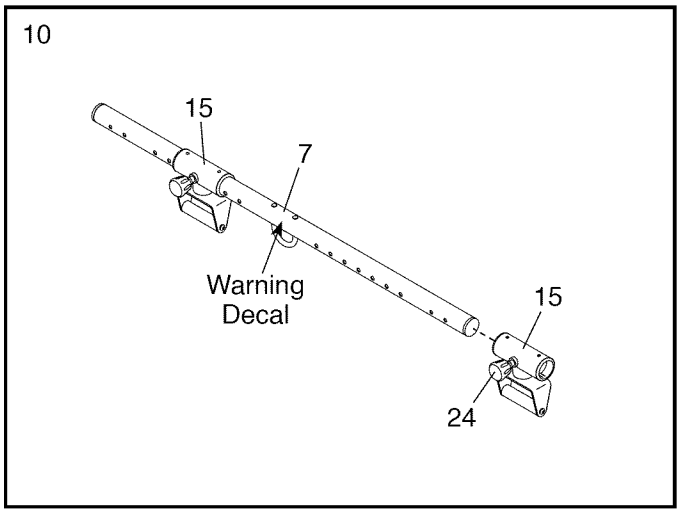
   Attach the other Upper Crossbar (14) between the Center Uprights (5, 49) in the same way.



10. Orient the Pull-up Crossbar (7) and the two Carriages (15) as shown.

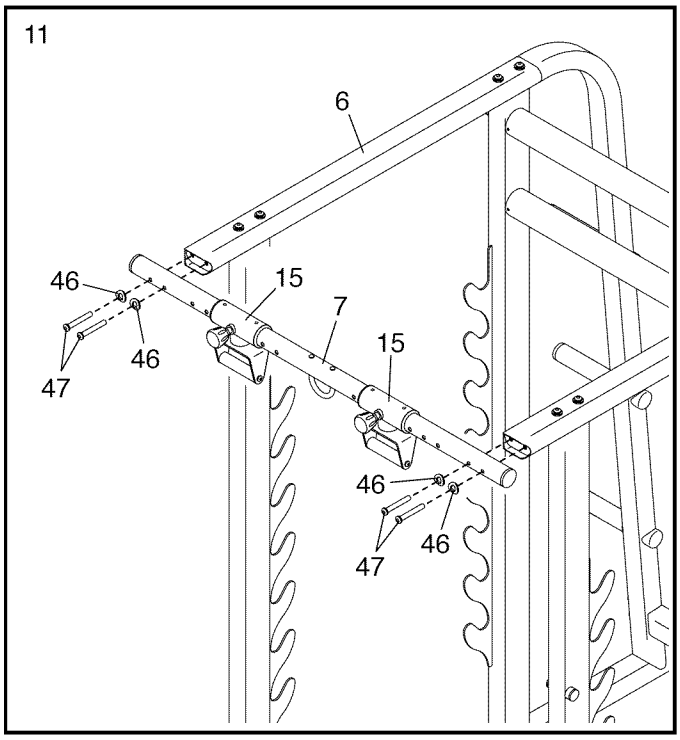
    Loosen and pull the Adjustment Knob (24) on one of the Carriages (15), and slide the Carriage onto the Pull-up Crossbar (7). Then, release the Adjustment Knob into one of the adjustment holes in the Pull-up Crossbar, and tighten the Adjustment Knob.

    Slide the other Carriage (15) onto the Pull-up Crossbar (7) in the same way.



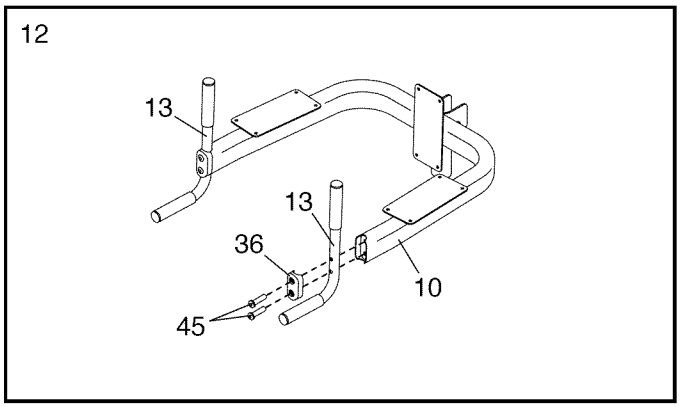
11. Orient the Pull-up Crossbar (7) and the Carriages (15) as shown, and attach the Pull-up Crossbar to the Top Frames (6) with four M10 x 70mm Screws (47) and four M10 Curved Washers (46).

    See steps 1–3, 5, and 7–9. Tighten all of the Screws (39, 43, 42, and 40) used in these steps.



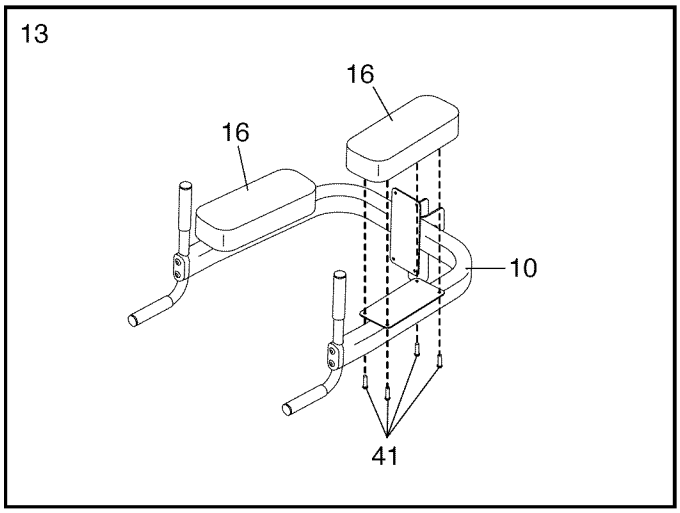
12. Attach a Dip Handle (13) to the Dip Arm (10) with two M10 x 50mm Screws (45) and a Dip Arm Cap (36).

    Attach the other Dip Handle (13) in the same way.

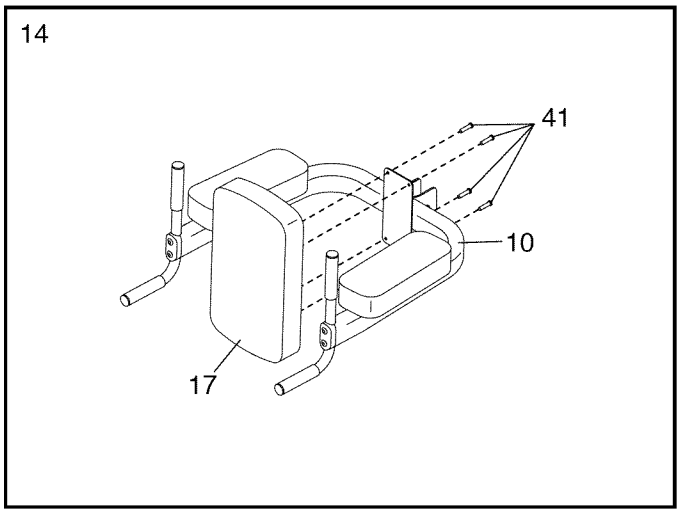


13. Attach an Armrest (16) to the Dip Arm (10) with four M6 x 20mm Screws (41). **Start all four Screws, and then tighten them.**

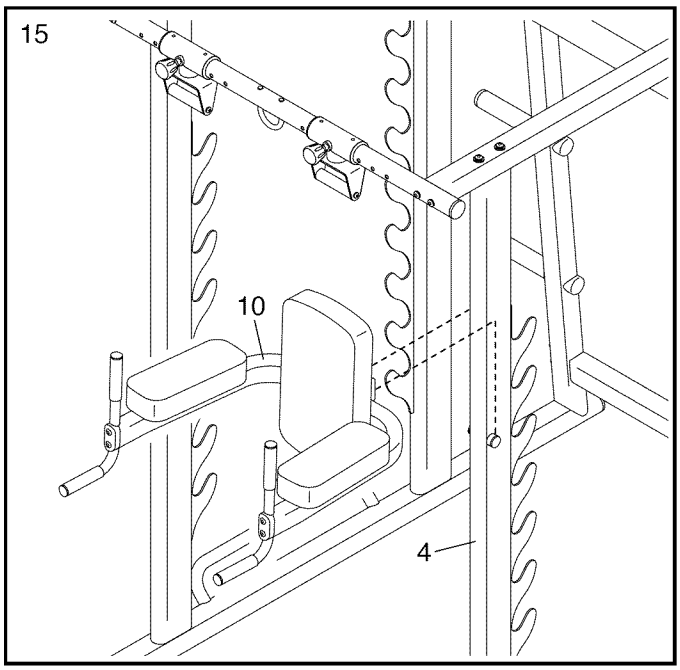
    Attach the other Armrest (16) in the same way.



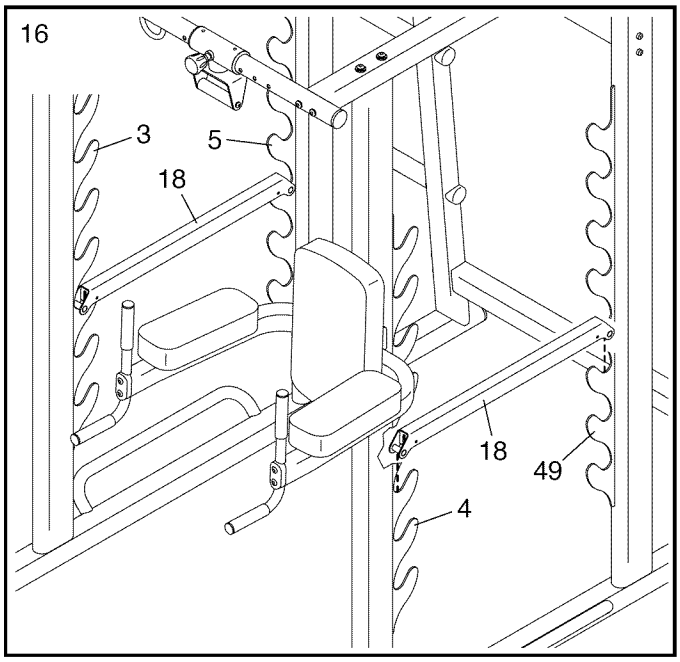
14. Attach the Backrest (17) to the Dip Arm (10) with four M6 x 20mm Screws (41). **Start all four Screws, and then tighten them.**



15. Set the Dip Arm (10) on the posts on the Left Front Upright (4). **Make sure that the Dip Arm is fully seated.**



16. Set the two Spotters (18) on the Uprights (3, 4, 5, and 49) as shown. **Make sure that both Spotters are at the same height.**



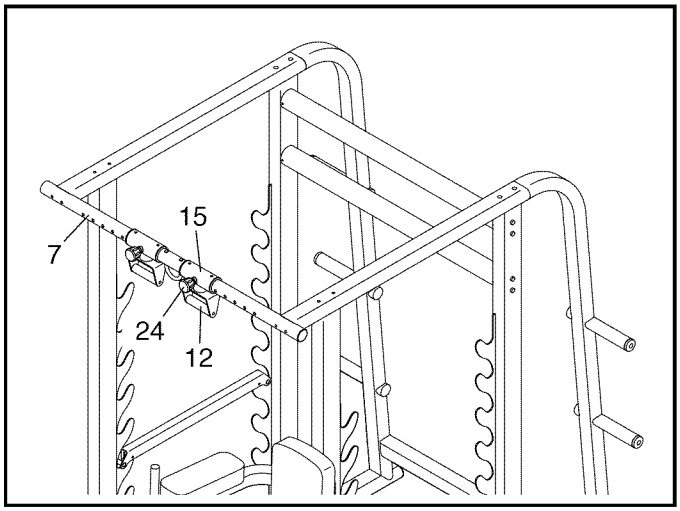
17. **Make sure that all parts are properly tightened before the weight rack is used.** Note: Extra parts may be included. The use of all remaining parts will be explained in ADJUSTMENT, beginning on page 14.

ADJUSTMENT

The steps below explain how the weight rack can be adjusted. Make sure that all parts are properly tightened each time the weight rack is used. Replace any worn parts immediately. The weight rack can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the weight rack.**

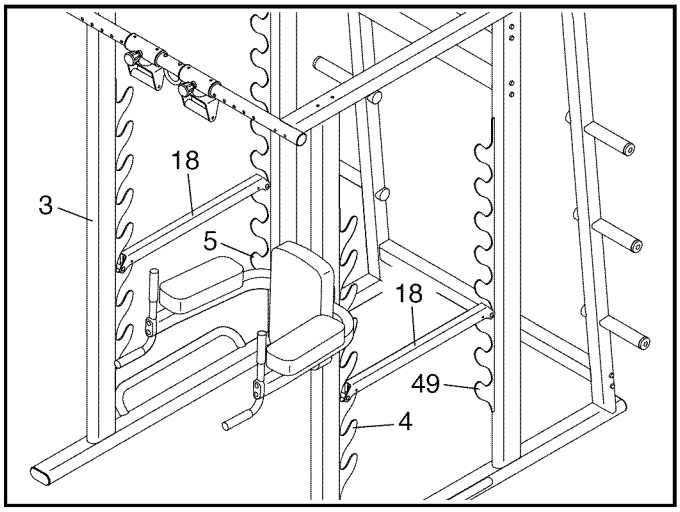
ADJUSTING THE PULL-UP HANDLES

To adjust the position of a Pull-up Handle (12), loosen and pull the Adjustment Knob (24) on the Carriage (15), and slide the Carriage to the desired position. Then, release the Adjustment Knob into one of the adjustment holes in the Pull-up Crossbar (7), and tighten the Adjustment Knob.



ADJUSTING THE SPOTTERS

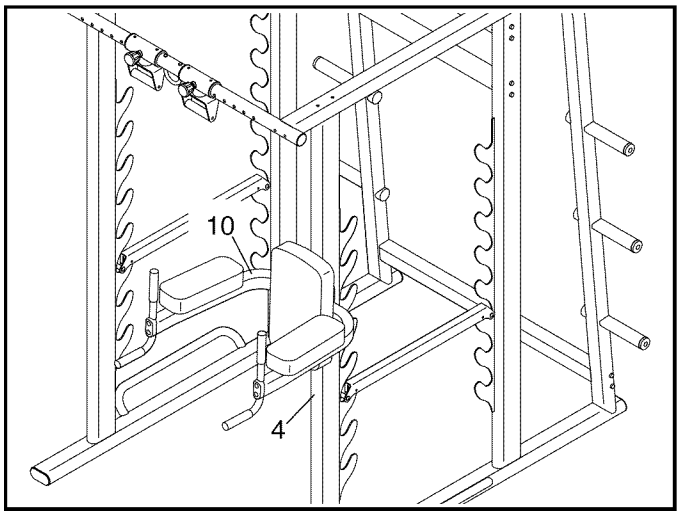
Set the two Spotters (18) on the Uprights (3, 4, 5, and 49) at the lowest point to which you want your barbell (not included) to go. **Make sure that both Spotters are at the same height.**



USING THE DIP ARM

To use the Dip Arm (10), slide it onto the posts on the Left Front Upright (4). **Make sure that the Dip Arm is fully seated.**

When you are not using the Dip Arm (10), remove it and set it out of the way.



EXERCISE GUIDELINES

FOUR TYPES OF STRENGTH WORKOUTS

Note: A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.

Muscle Building—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:

- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning—Tone your muscles by working them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss—To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training—Combine strength training and aerobic exercise by following this type of program:

- Strength training workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment to determine the appropriate length of time for each workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body's signals. Follow each workout with at least one day of rest.

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Working Out—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set:

- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

EXERCISE LOG

Make copies of this page, and use the copies to schedule and record your strength and aerobic workouts. Scheduling and recording your workouts will help you to make exercise a regular and enjoyable part of your life.

Strength
Date:
___/___/___

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic
Date:
___/___/___

Exercise	Time	Distance	Speed

Strength
Date:
___/___/___

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic
Date:
___/___/___

Exercise	Time	Distance	Speed

Strength
Date:
___/___/___

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic
Date:
___/___/___

Exercise	Time	Distance	Speed

NOTES

PART LIST

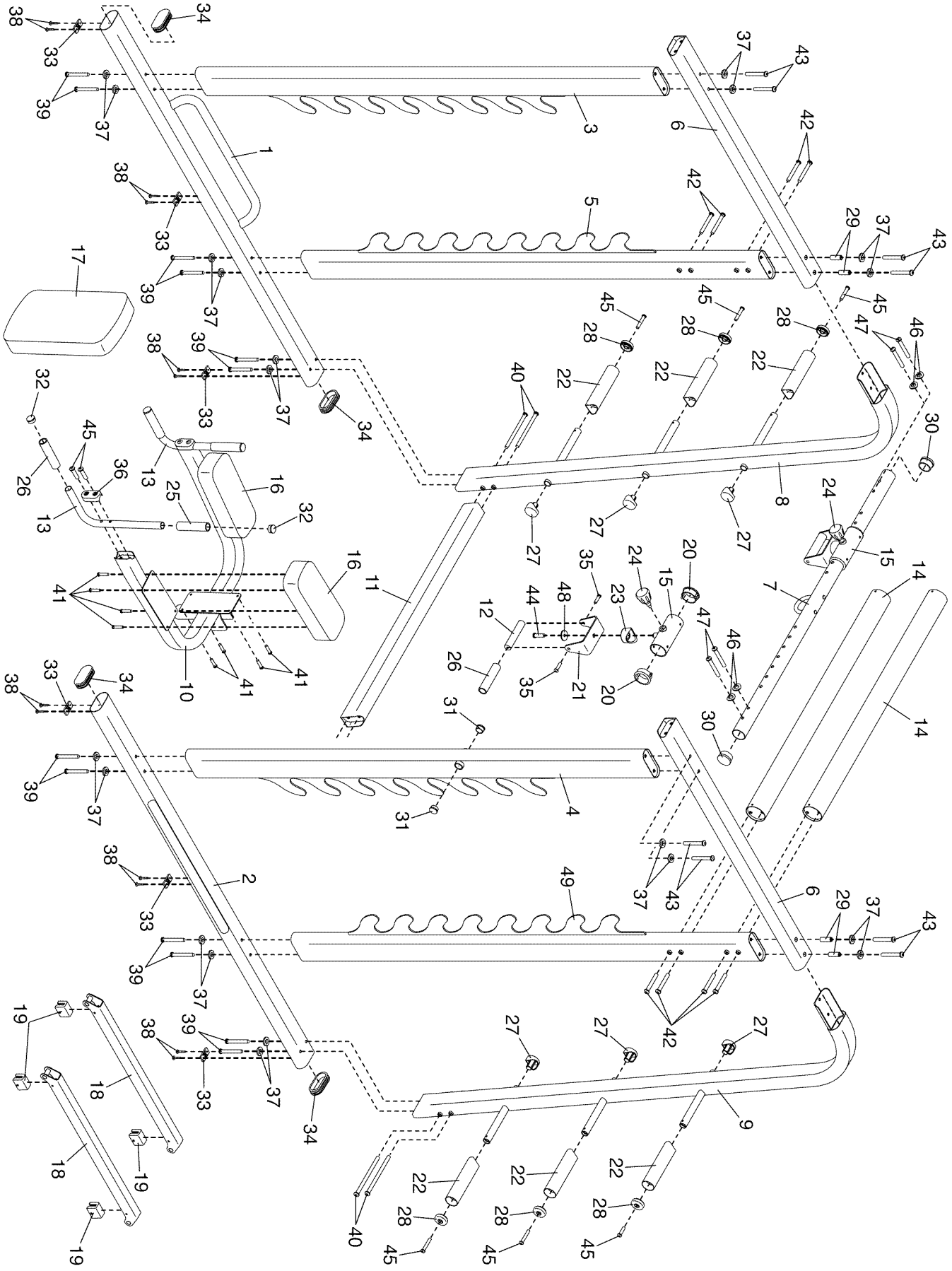
Model No. 831.15500.0 R0912A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Right Base	26	4	Short Foam Grip
2	1	Left Base	27	6	Rear Frame Cap
3	1	Right Front Upright	28	6	Adapter Cap
4	1	Left Front Upright	29	4	Frame Spacer
5	1	Right Center Upright	30	2	50mm Round Cap
6	2	Top Frame	31	2	32mm Round Cap
7	1	Pull-up Crossbar	32	4	25mm Round Cap
8	1	Right Rear Frame	33	6	Base Foot
9	1	Left Rear Frame	34	4	Oval Cap
10	1	Dip Arm	35	4	M10 x 20mm Screw
11	1	Lower Crossbar	36	2	Dip Arm Cap
12	2	Pull-up Handle	37	20	M10 Washer
13	2	Dip Handle	38	12	M4 x 16mm Screw
14	2	Upper Crossbar	39	12	M10 x 75mm Hex Screw
15	2	Carriage	40	4	M10 x 130mm Screw
16	2	Armrest	41	12	M6 x 20mm Screw
17	1	Backrest	42	8	M10 x 80mm Screw
18	2	Spotter	43	8	M10 x 75mm Screw
19	4	Spotter Insert	44	2	M10 x 28mm Screw
20	4	Carriage Bushing	45	10	M10 x 50mm Screw
21	2	Pull-up Handle Bracket	46	4	M10 Curved Washer
22	6	Olympic Adapter	47	4	M10 x 70mm Screw
23	2	Carriage Spacer	48	2	M10 Large Washer
24	2	Adjustment Knob	49	1	Left Center Upright
25	2	Long Foam Grip	*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. **If a part is missing, call 1-877-992-5999.** *These parts are not illustrated.

EXPLODED DRAWING

Model No. 831.15500.0 R0912A



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This warranty does not apply when the Weight Rack Exerciser is used commercially or for rental purposes. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Sears, Roebuck and Co., Hoffman Estates, IL 60179

Part 334689 R0912A
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